

# Chicken or Turkey a la King - USDA Recipe D160

Meal Components: Vegetable - Red / Orange, Vegetable - Starchy, Grains, Meat / Meat Alternate

D16

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine, trans fat-free	7 oz	1 cup	14 oz	2 cups	1. Melt margarine in a large stock pot.
Whole-wheat flour	10 oz	2 1/4 cups	1 lb 4 oz	1 qt 1/2 cup	
Low-sodium chicken broth		1 gal		2 gal	3. Add broth, milk, poultry seasoning, pepper, salt, and onion powder. Stir until blended. Bring to a boil. Reduce heat to low and simmer uncovered for 12-15 minutes. Stir frequently until thickened.
Nonfat milk		1 qt 3 cups		3 qt 2 cups	
Poultry seasoning		1 1/2 tsp		1 Tbsp	
Ground black pepper		2 tsp		1 Tbsp 1 tsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Onion powder		1/4 cup		1/2 cup	4. Add chicken, peas, carrots, and pimientos. Cook uncovered over medium heat for 3-5 minutes or until heated through.
Frozen cooked diced chicken, thawed 1/2"	6 lb 6 oz	1 gal 1 qt 2 cups	12 lb 12 oz	2 gal 3 qt	
Frozen cooked diced turkey,	6 lb 6 oz	1 gal 1 qt 2 cups	12 lb 12 oz	2 gal 3 qt	

Frozen green peas, thawed, rinsed, drained	5 lb 12 oz	3 qt 2 cups	11 lb 8 oz	1 gal 3 qt
Fresh carrots, shredded	2 lb 4 oz	2 qt 3 cups	4 lb 8 oz	1 gal 1 qt 2 cups
Pimientos, chopped, drained	1 lb	2 1/4 cups	2 lb	1 qt 1/2 cups

- 5. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
- 6. Transfer to a steam table pan (12" x 20" x 4").
- 7. Critical Control Point: Hold for hot service at 135 °F or higher.
- 8. Portion with 6 fl oz spoodle (3/4 cup).
- 9. (Optional) Serve over cooked rice. See B-03 for recipe ingredients and directions.

(Optional) Cooked Rice (B-03)

Notes

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

**Serving**

NSLP/SBP Crediting Information: 3/4 cup (6 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 1/4 cup red/orange vegetable, 1/4 cup starchy vegetable, and 1/4 oz equivalent grains.

CACFP Crediting Information: 3/4 cup (6 fl oz spoodle) provides 2 oz meat/meat alternate, 1/2 cup vegetable, and 1/4 servings grains/bread.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Carrots	2 lb 12 oz	5 lb 8 oz

Serving	Yield	Volume
See Notes	<b>50 Servings:</b> about 22 lb 4 oz  <b>100 Servings:</b> about 44 lb 8 oz	<b>50 Servings:</b> about 2 gallons 3 quarts 1/2 cup / 2 steam table pans (12" x 20" x 4")  <b>100 Servings:</b> about 5 gallons 2 quarts 1 cup / 4 steam table pans (12" x 20" x 4")

Nutrients Per Serving					
Calories	195	Saturated Fat	2 g	Calcium	68 mg
Protein	18 g	Vitamin A	4843 IU	Sodium	314 mg
Carbohydrate	17 g	Vitamin C	10 mg	Dietary Fiber	4 g
Total Fat	6 g	Iron	1 mg		